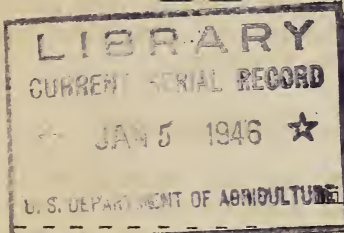


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MONTHLY

INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION

Midwest Region, 5 South Wabash Avenue, Chicago 3, Illinois

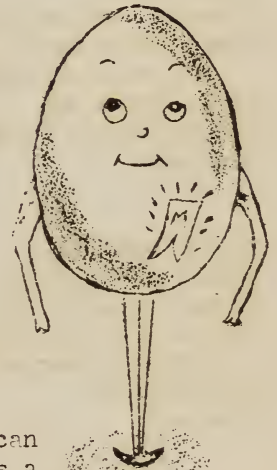
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No. 8

*For Sheep Goodness
Use Eggs*

If decorations were given to foods for meritorious service to the family diet, the egg would come off with a blue ribbon. And now, just as the cafeteria's responsibility for stretching its red ration points becomes important, eggs are in abundant supply.



Eggs as a meat alternate:

Eggs can be used as a main dish in place of meat, or they can be combined with a small amount of meat. They rank high as a protective food because they contain such food elements as protein, B vitamins, vitamin A and iron, all necessary for health and vigor. Serve at least one egg a day in a variety of ways.

Eggs in cookery:

We in America take our eggs very much for granted. Luckily for us, they have often been plentiful during the war, when we need them most to stretch the red points. English women have cause to realize the true value of eggs as their wartime rationing allows only one egg per person each month.

In cookery, eggs are used to thicken custards, puddings, and sauces. They leaven cakes and hot breads. They put the "wings" in angel food cakes, in sponge cakes, and souffles. They bind together the oil and lemon juice or vinegar used in mayonnaise.

Buy either white or brown eggs, as they are equally good. The difference is only in the color of the shells. Store eggs in the refrigerator to keep them



Try These Menus

Egg dishes make delicious dinners, easy on the red ration points.

Get color into the meal with a crisp, flavorful salad, or relish.

(1)

Creamed eggs on toast
Baked potato
Cabbage and green pepper salad
Whole-wheat bread with butter
or fortified margarine
Fresh fruit cup
Peanut butter cookies
Beverage

(2)

Cheese souffle
Baked sweet potato
Tossed green salad
Enriched rolls with butter or
fortified margarine
Gingerbread
Beverage

(3)

Scalloped eggs and ham
Parsley potatoes
Buttered broccoli
Carrot strips
Baking powder biscuits with
butter or fortified margarine
Chocolate pudding
Beverage

(4)

Scrambled eggs
Hashed brown potatoes
Green peas
Cole slaw
Whole-wheat bread with butter
or fortified margarine
Apple pie
Beverage

fresh. Do not wash them before storing because washing removes the natural protective shell coating which helps to keep eggs fresh.

When egg whites have been used in a recipe and the yolks are kept until the next day, place them in a jar and cover them with a little cold water; then cover the jar tightly and place it in the refrigerator. This prevents a dry crust from forming.

The "know-how" of cooking eggs:

Low temperature is the secret to the most delicious results in egg dishes, even in hard-cooked eggs. Simmer them just below the boiling point for 25 to 30 minutes, then plunge them into cold water to cool before removing the shell. The yolk will be mealy, the white tender, the shell easily removed.

Meringues should be baked for about 20 minutes at moderate heat (325° F.) for best results. They are most delicious when delicately brown. Too high a temperature will give a tough meringue, one which is apt to flatten out when it is removed from the oven.

Custards, the age-old favorite of grown-ups and children alike, are best when baked slowly at 300° F. The time for cooking depends on the size of the container. Allow about 45 minutes for individual custard cups, and an hour for larger containers.

Even in cooking scrambled eggs or fried eggs, slow heat produces the best, most delicious results.

Allow eggs to stand a few minutes at room temperature before beating them. Eggs at room temperature beat up to a larger volume than eggs right out of the refrigerator. Add a pinch of salt to the white for still more volume.

Handle beaten egg whites gently if a light product is desired. Fold them into mixtures with a light over-and-under-motion, mixing just long enough to incorporate the egg white. Cool

the filling of a cream pie before putting on the meringue, if you wish to prevent that watery layer forming under the meringue.

Recipes for egg dishes are found in "Egg Dishes for Any Meal," Publication AWI-89, available free from the Midwest regional office of the War Food Administration, at the address shown on the front of this bulletin.

PLAQUE PROMOTES GOOD HOUSEKEEPING

George Koch and Sons, Inc., Evansville, Indiana, have a good housekeeping committee, whose members represent labor and management. The weekly duties of this group are to inspect all department units for orderliness and cleanliness and to give each unit a percentage rating. The unit with the highest rating is awarded a plaque for good housekeeping, which it holds until some other unit can win a higher rating.

The cafeteria dining room and kitchen are included in this inspection, and the plaque is an incentive to keep them really "spic and span" at all times. No dirt accumulates in the corners, or on the equipment, and everything is kept in its rightful place. The good housekeeping group has an eye for such things.

AIDS FOR INDUSTRIAL CAFETERIAS

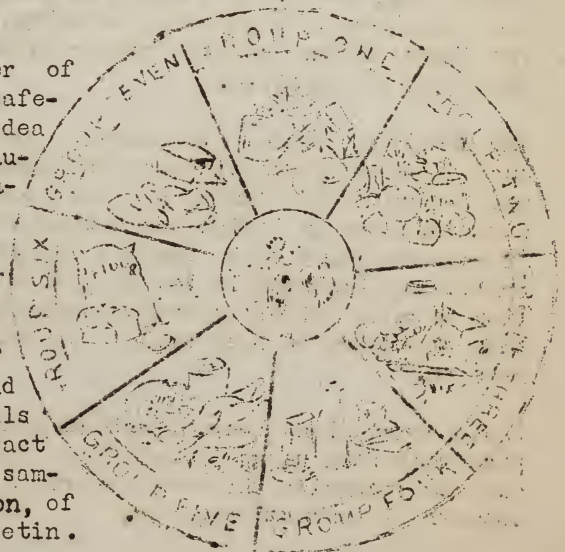
Since the primary purpose of an industrial cafeteria is to promote good nutrition and good health among a plant's workers, education of the workers on the principles of good nutrition, becomes a natural duty of cafeteria managers and dietitians.

As in any sound merchandising plan, the first step in this education is to provide the food, not only in quantity but also in attractive quality, prepared to arouse desire through eye appeal.

The second step is advertising --- urging selection of the proper variety of foods to balance the worker's meal nutritionally. Until the worker understands why he should eat certain foods to keep himself healthy he is apt to follow his taste inclinations alone in making his selections, and end up with a food deficiency that may easily affect his earning capacity and his safety around machinery.

The War Food Administration has a number of valuable aids that will help industrial cafeteria managers and dietitians sell the idea of proper selection of foods for good nutrition. Leading among these is the "Nutrition Poster" which plainly visualizes the Seven Basic Groups of Foods everybody should eat every day.

Copies are available --- as glossy prints which may be reproduced on the backs of menus, as mats for use in newspapers and house organs, as posters for cafeteria walls and as colorful table tents that will attract reading while the worker is eating. For samples, write the Marketing Reports Division, of the office noted on the front of this bulletin.



FOR YOUR COUNTRY'S SAKE -- SAVE FATS

The stepped-up intensity of action on all battle fronts throws a spotlight of increased importance on the national fat salvage campaign.

Probably most cafeterias and restaurants are now salvaging all possible waste fats from their feeding operations, straining these into metal containers and turning them over to salvage stations, or selling them direct to renderers. The cafeterias and the restaurants of the nation are contributing an untold tonnage of the base material for glycerine and a number of other products essential to the war effort.



But it takes a tremendous amount of used fats to keep the guns firing. So keep up the good work. Increase the collections wherever possible. Encourage employees to do the same in their homes.

BETTER NUTRITION -- BETTER HEALTH

Hazel Stiebeling, Chief of USDA's Bureau of Human Nutrition and Home Economics, speaking at a food requirement session of government authorities in Washington, D. C., brought up the question of "How Much Food is Enough?"

She pointed out that while America has shown a marked decrease in the incidence of deficiency diseases during the last half decade, these diseases are still with us.

Says Miss Stiebeling: "Undoubtedly many people who think they are normal and who by ordinary measures appear to be normal, really are handicapped...because their food has not been of the right amount or proportions to provide optimal internal environment for living. Food makes a difference in the chemistry of the blood, lymph, and the interior of body cells---that is where living really goes on."

When the general public more thoroughly understands the potentialities of human life it will be satisfied only with food of such character as to enable "every man, woman, and child to attain the highest level of well-being within the limits set by physical heredity," believes Miss Stiebeling. She pleads for distribution of the proper kinds of foods on so efficient a basis that this will be possible.

The American people have shown a gratifying increase in their consumption of such valuable foods as dairy products, green and yellow vegetables, and vitamin C-rich fruits during the war years, according to this speaker. These supply nutrients in which our national dietary has been short. She continues: "I have no doubt that further significant increases in these products would contribute importantly to the nation's health; they supply an exciting proportion of many highly reactive nutrients that can make important differences in the chemistry of body cells and hence in the real environment in which life goes on."

These conclusions bear important promise for industrialists who recognize the part that food plays in building and maintaining the health of their workers, and who recognize the very important part which health plays in achieving high industrial production goals.